

But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Father forgive you your trespasses.

[\*The Amplified Bible\*](#) (Mt 6:15). (1987). The Lockman Foundation.

21 Then Peter came up to Him and said, Lord, how many times may my brother sin against me and I forgive him and let it go? [As many as] up to seven times? 22 Jesus answered him, I tell you, not up to seven times, but seventy times seven! [Gen. 4:24.]

[\*The Amplified Bible\*](#) (Mt 18:21–22). (1987). The Lockman Foundation.

25 And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop. 26 But if you do not forgive, neither will your Father in heaven forgive your failings and shortcomings.

[\*The Amplified Bible\*](#) (Mk 11:25–26). (1987). The Lockman Foundation.

Judge not [neither pronouncing judgment nor subjecting to censure], and you will not be judged; do not condemn and pronounce guilty, and you will not be condemned and pronounced guilty; acquit and forgive and release (give up resentment, let it drop), and you will be acquitted and forgiven and released.

[\*The Amplified Bible\*](#) (Lk 6:37). (1987). The Lockman Foundation.

Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it—

[\*The Amplified Bible\*](#) (Heb 12:15). (1987). The Lockman Foundation.

19 Beloved, never avenge yourselves, but leave the way open for [God's] wrath; for it is written, Vengeance is Mine, I will repay (requite), says the Lord. [Deut. 32:35.]

[\*The Amplified Bible\*](#) (Ro 12:19). (1987). The Lockman Foundation.

## Signs of Bitterness

- They never have anything nice to say.
- They focus on the negatives.
- They always blame others.

- They criticize a lot.
- They don't see the good in people.
- They are suspicious and cynical.
- They always feel misunderstood and undervalued.
- Their presence is daunting.
- They are not happy for others
- They find it difficult to embrace new things and people.
- They are judgmental.
- They are narrow-minded.
- They are easily offended.
- They hold grudges.
- Everything and everyone get on their nerves.

Being bitter does not mean you are a bad person but it does prevent you from forgiving, finding freedom, and healing.

8 For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them].

[\*The Amplified Bible\*](#) (Php 4:8). (1987). The Lockman Foundation.

5 [Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),

[\*The Amplified Bible\*](#) (2 Co 10:5). (1987). The Lockman Foundation.